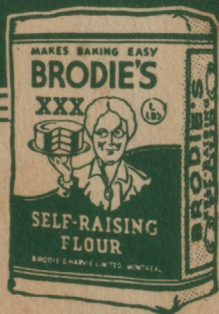


Recipes
FOR
BRODIE'S
SELF-RAISING
FLOUR



Nothing new to learn

... Simply less to do

with the Compliments of
BRODIE & HARVIE, LIMITED
6600 HUTCHISON ST.
MONTREAL, CANADA



More Leisure . . . *More Pleasure*

"A woman's work is never done", so we used to be told, but surely that was before Brodie's XXX Self-Raising Flour came to the help of thousands of Canadian housewives.

As a time and trouble saver, Brodie's XXX is welcomed in many a home. It helps the busy mother who has a hungry family to feed—sturdy men-folk, husky boys and robust girls—typical hard-working and hard-playing Canadians all of them.

They enjoy good food and plenty of it, and thanks to Brodie's XXX, mother can easily give them a varied menu of things good to eat and good for health.

To the woman with years of experience . . . to the young bride who is just venturing on the grand experiment . . . to the hostess who takes pride in serving the best to her guests . . . Brodie's XXX Self-Raising Flour offers many pleasant surprises.

Simply follow the directions given in this booklet and your cakes, biscuits and pastries will be a credit to you—a joy to your family and friends.

•

BRODIE & HARVIE, LIMITED

6600 HUTCHISON ST.

MONTREAL

CANADA



TESTED

RECIPES

TWO-EGG LAYER CAKE

(As illustrated)

$\frac{1}{3}$ cup (3 ozs.) shortening
1 cup sugar
2 eggs

2 cups sifted BRODIE'S
Self-Raising Flour
 $\frac{3}{4}$ cup milk
1 teaspoon flavoring

Cream shortening thoroughly, add sugar gradually and beat well. Add beaten egg yolks. Add flour and milk alternately and finally the well-beaten egg whites and flavoring. (It is important to sift flour before measuring.) Bake in a moderate oven (350°F.) in greased layer cake tins.

GOLD CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
3 egg yolks

$2\frac{1}{2}$ cups sifted BRODIE'S
Self-Raising Flour
 $\frac{3}{4}$ cup milk
1 teaspoon vanilla flavoring

Cream butter, add sugar gradually. Add well-beaten egg yolks. Add sifted BRODIE'S alternately with milk to which flavoring has been added. Bake in greased loaf pan, about $9\frac{1}{2} \times 5\frac{1}{2} \times 3$ inches, in moderate oven (350°F.) 50 to 60 minutes. Frost with lemon or orange frosting.

SILVER CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
3 egg whites

2 cups sifted BRODIE'S
Self-Raising Flour
 $\frac{3}{4}$ cup milk
1 teaspoon vanilla flavoring

Cream butter, add sugar gradually. Add sifted BRODIE'S Self-Raising Flour alternately with milk to which vanilla flavoring has been added. Fold in stiffly beaten egg whites. Bake in well-greased square pan about $8\frac{1}{2} \times 8\frac{1}{2} \times 2\frac{1}{2}$ inches in moderate oven (350°F.) 35 to 40 minutes.

Plenty of Good Cooks These Days

● With BRODIE'S help even young brides are quickly graduating into the expert cook class. BRODIE'S makes success *easy*!

for use with
Brodie's
Self-Raising
Flour



CUP CAKES

(As illustrated)

$\frac{1}{2}$ cup shortening
 1 cup sugar
 2 eggs

2 cups sifted BRODIE'S
 Self-Raising Flour
 $\frac{3}{4}$ cup milk
 1 teaspoon vanilla flavoring

Cream shortening, add sugar gradually. Add eggs one at a time, beating well after each addition. Add sifted flour alternately with milk to which vanilla has been added. Bake in greased cup cake pan and in moderate oven (350°F.) for 20 to 25 minutes.

FAVORITE ONE-EGG CAKE

2 cups sifted BRODIE'S
 Self-Raising Flour
 4 tablespoons of butter or
 other shortening

1 cup sugar
 1 egg unbeaten
 $\frac{3}{4}$ cup milk
 1 teaspoon vanilla

Cream butter, add sugar gradually and cream together until light, add egg and beat well. Add flour alternately with milk, beat until smooth and light, add flavoring. Bake in two greased layer pans in moderate oven (375°F.) 25 minutes.

LIGHTNING CAKE

1 egg
 $\frac{1}{2}$ cup sugar
 3 tablespoons melted butter
 1 teaspoon vanilla

1 cup BRODIE'S
 Self-Raising Flour
 $\frac{1}{4}$ cup milk

Beat egg and add sugar while beating. Add flour, then add milk, melted butter and flavoring. Bake 25 minutes in well-greased layer cake pan, in moderate oven, 350°F. Put together with any desired filling and frost as desired.

Canadian Housewives Praise Brodie's Self-Raising Flour

Since housewives learned about BRODIE'S Self-Raising Flour they have cakes oftener and they're better. They say BRODIE'S saves them time and money. Learn how easy it is to bake marvelous cakes, pastries, biscuits. Buy BRODIE'S Self-Raising Flour and assure yourself of perfect baking results.



TESTED

RECIPES

GOLDEN CHOCOLATE CAKE

(As illustrated)

- | | |
|--|--------------------|
| $\frac{1}{2}$ cup butter or shortening | 2 cups BRODIE'S |
| $1\frac{1}{4}$ cups sugar | Self-Raising Flour |
| 2 eggs unbeaten | 1 cup milk |
| 3 squares unsweetened chocolate | 1 teaspoon vanilla |

Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs one at a time, beating thoroughly after each addition. Add melted chocolate and blend. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased 9-inch layer pans in moderate oven 350°F. for 30 minutes.

EGGLESS CHOCOLATE CAKE

- | | |
|--------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups sifted | 1 cup milk |
| BRODIE'S Self-Raising | $\frac{1}{4}$ cup water |
| Flour | 2 tablespoons melted butter |
| 1 cup sugar | 2 tablespoons melted |
| $\frac{1}{2}$ cup cocoa | shortening |
| $\frac{1}{2}$ teaspoon vanilla | |

Mix the flour, sugar and cocoa together. Stir in gradually the milk and water to which the flavour has been added, then add 2 tablespoons melted butter and 2 tablespoons melted shortening. Beat all together, pour off into greased and floured cake tin and bake in moderate oven for about 45 minutes.

DEVIL'S FOOD CAKE

- | | |
|--------------------------|------------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon vanilla |
| 2 cups sugar | 4 squares bitter chocolate |
| 1 cup milk | $2\frac{1}{2}$ cups BRODIE'S |
| 4 eggs | Self-Raising Flour |

Cream the butter, add sugar gradually, add egg yolks that have been beaten until thick and lemon colored. Add sifted flour and milk alternately. Lastly, add the stiffly beaten egg whites, melted chocolate and vanilla. Bake from 45 minutes to 1 hour in a moderate oven 350°F. in a round tube pan.

● BRODIE'S Self-Raising Flour is used every day in thousands of homes for easier, quicker, better baking.

for use with
Brodie's
Self-Raising
Flour



MAPLE NUT CAKE

(As illustrated)

1 $\frac{1}{2}$ cups BRODIE'S
 Self-Raising Flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup shortening

1 cup brown sugar
 2 eggs
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{2}$ teaspoon vanilla

Cream shortening and sugar thoroughly. Add well beaten eggs until mixture is light and creamy. Dredge nuts with small amount of the flour. Add flour and milk alternately to creamed mixture, beginning and ending with flour. Add nuts and vanilla. Bake in moderate oven (375 degrees) for about 30 minutes or until done.

CARAWAY SEED CAKE

1 cup butter
 2 cups sugar
 4 eggs

3 cups BRODIE'S
 Self-Raising Flour
 3 teaspoons caraway seeds
 1 cup milk

Cream butter and sugar; add well-beaten egg yolks; beat again. Add sifted flour alternately with caraway seeds and milk; fold in stiffly beaten egg whites last of all. Bake in one large or two small well-greased pans 1 to 1 $\frac{1}{2}$ hours. Moderate oven (350°F.).

SPICE CAKE

$\frac{1}{3}$ cup shortening
 1 cup brown sugar
 2 eggs
 2 cups BRODIE'S
 Self-Raising Flour

1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
 $\frac{2}{3}$ cup milk

Cream shortening and sugar, add beaten eggs, then flour, with spices alternately with milk. Bake 30 minutes in 350°F. oven.

Hints on Baking with *Self-Raising Flour*

● Remember that no baking powder or salt is required. The correct quantities of these ingredients are already thoroughly mixed in the flour. Sift flour before measuring. Level it off with a knife, but do not pack it down.

Use standard measuring cups and spoons.

Be accurate. All measurements are level.

To measure shortening, pack it firmly into the measuring spoon and level it off with a knife.



TESTED

RECIPES

SPONGE CAKE

(As illustrated)

3 eggs
1 cup sugar
 $\frac{1}{2}$ cup hot milk

$1\frac{1}{4}$ cups BRODIE'S
Self-Raising Flour
2 teaspoons lemon juice

Beat the egg yolks until they are thick and lemon colored; add $\frac{1}{2}$ cup sugar; add the hot milk; add the flavoring and the rest of the sugar; beat until the sugar granules have dissolved. Add the flour and fold in the egg whites, beaten stiff but not dry. Pour into a floured tube cake pan and bake in a moderate oven (325°F.) for 50 to 60 minutes. Do not remove the cake from the pan until it is cold.

EGGLESS, BUTTERLESS, MILKLESS CAKE

1 cup water
 $1\frac{1}{2}$ cups raisins
1 cup brown sugar

$\frac{1}{3}$ cup shortening
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon allspice

Boil all together 3 minutes. Cool and stir in 2 cups BRODIE'S Self-Raising Flour.

Bake in a moderate oven 350 degrees F., about 1 hour or until done. This cake improves with age.

FAIRY CAKE

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup sugar
2 egg whites
1 teaspoon lemon extract

$1\frac{1}{2}$ cups BRODIE'S
Self-Raising Flour
 $\frac{1}{2}$ cup milk or orange
juice

Cream the shortening, add the sugar. Continue to cream until the sugar granules have dissolved. Add the flavoring and flour alternately with the milk. Fold in the egg whites, beaten stiff but not dry. Pour into a greased and floured cake pan, and bake in a moderate oven (350°F.). Cool and spread the top and sides with Orange Frosting.

Making time 8 minutes.

Baking time 30 minutes

Brodie & Harvie is an Old Established Canadian Company

The old established Quebec milling firm of Brodie & Harvie Limited was founded in 1863 by James Parkin, who shortly afterwards took into partnership R. & J. Brodie, the title of the firm later becoming Brodie & Harvie. Since that time a member of the Brodie family has always been closely associated with the management of the company.

for use with
**Brodie's
 Self-Raising
 Flour**



DOUGHNUTS

(As illustrated)

- | | |
|----------------------|--------------------|
| 2 eggs | 3½ cups BRODIE'S |
| 1 cup sugar | Self-Raising Flour |
| 1 cup milk | ½ teaspoon nutmeg |
| 3 tablespoons butter | |

Cream the eggs and sugar together. Add milk and melted butter. Sift in the flour and nutmeg to make a soft dough and let stand in a cold place for about ½-hour. Roll out on floured board and cut with doughnut cutter. Fry in deep fat at temperature of 360°F. to 370°F. for two to three minutes.

GINGERBREAD

- | | |
|---------------------|--------------------|
| ½ cup brown sugar | ½ teaspoon mace |
| ½ cup shortening | or nutmeg |
| 1 egg | ½ teaspoon cloves |
| 1 cup molasses | 2½ cups BRODIE'S |
| 1 teaspoon cinnamon | Self-Raising Flour |
| 1 teaspoon ginger | 1 cup hot water |

Cream shortening and sugar, add well-beaten egg, molasses and spices. Stir in flour and hot water alternately. Pour off into well-greased and floured bake pan. Bake in oven 325°F. to 350°F. 35 to 40 minutes.

ORIENTAL SPICE CAKE

- | | |
|------------------|---------------------|
| ½ cup shortening | 1 tablespoon ginger |
| ½ cup sugar | 1 teaspoon allspice |
| ½ cup molasses | 1 teaspoon cinnamon |
| 1 egg | 2 cups BRODIE'S |
| ½ cup milk | Self-Raising Flour |

Cream the shortening with the sugar. Add the egg, beat vigorously. Add the molasses, spices, and flour alternately with the milk. Pour into a greased, floured pan, and bake in a moderate oven (325°F.).

Making time 10 minutes

Baking time 40 minutes

Brodie's Self-Raising Flour Assures Baking Success

In baking, as in any other art, nothing can take the place of skill and experience. But you will find that BRODIE'S Self-Raising Flour saves you time and trouble in preparation and makes delicious and perfectly baked results more certain.



TESTED

RECIPES

PEANUT BUTTER COOKIES

(As illustrated)

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup peanut butter
 1 cup chopped peanuts
 1 cup brown sugar

1 egg—beaten
 1 $\frac{1}{2}$ cups BRODIE'S
 Self-Raising Flour

Cream shortening and peanut butter. Add sugar gradually, then the well-beaten egg. Stir in the flour and chopped nuts. Drop by teaspoonful on greased cookie sheet and press each cookie flat with fork. Bake in moderate oven (350°F.) about 10 to 15 minutes until golden brown.

JOANNIE'S OATMEAL COOKIES

1 egg
 $\frac{3}{4}$ cup brown sugar
 1 cup melted shortening
 1 tablespoon molasses

$\frac{1}{2}$ teaspoon cinnamon
 1 $\frac{1}{2}$ cups rolled oats
 2 cups BRODIE'S
 Self-Raising Flour
 1 cup raisins

To well-beaten egg add sugar and mix well. Add melted shortening and molasses. Add rolled oats and raisins and stir. Add flour to which the cinnamon has been added. Drop from teaspoon on buttered baking sheet, and press with fork. Bake 10 to 12 minutes in moderate oven.

LEMON SUGAR SNAPS

$\frac{1}{2}$ cup shortening
 1 cup sugar
 1 egg well beaten

2 cups BRODIE'S
 Self-Raising Flour
 1 tablespoon grated lemon rind
 2 tablespoons milk

Cream shortening and sugar. Add well beaten egg, then flour and grated lemon rind. Mix well, then add milk. Chill and roll out thin on floured board and cut cookies. Bake in moderate oven (350 degrees) about 10 to 12 minutes, until light golden brown. (Makes about 4 dozen cookies.)

for use with
**Brodie's
Self-Raising
Flour**



BUTTERMILK SCONES

(As illustrated)

3 cups sifted BRODIE'S
Self-Raising Flour
1 tablespoon sugar

3 tablespoons
shortening
1 $\frac{1}{4}$ cups buttermilk

Sift the dry ingredients together. Cut the shortening into the dry ingredients with a fork or rub it in with the tips of the fingers, then add the liquid to make a soft dough. Toss on floured board, pat, and roll $\frac{1}{2}$ -inch thick. Cut in triangles and place in greased baking pan. Bake in hot oven (425°F.) for 20 minutes.

SHORT BREAD COOKIES

1 cup butter
(or a combination of
butter and shortening)

$\frac{1}{2}$ cup brown sugar
2 $\frac{1}{2}$ cups BRODIE'S
Self-Raising Flour

Mix thoroughly and knead with the hands until mixture is very smooth. Roll out on floured board and cut cookies. Bake at 325°F. until a delicate golden brown.

ICE BOX COOKIES

1 cup brown sugar
 $\frac{1}{2}$ cup butter or
shortening

1 egg
1 $\frac{3}{4}$ cups BRODIE'S
Self-Raising Flour
 $\frac{1}{4}$ cup chopped nuts

Cream butter and sugar. Add beaten egg and remaining ingredients. Mix together well with the hands. Shape in a roll, wrap in waxed paper and set in ice box over night. When ready to use, slice thin and place on cookie sheet about $\frac{1}{4}$ inch apart. Bake at 425°F. about 10-12 minutes.

Some folks like apples—others oranges. Some like meat—others prefer fish. But everyone—young or old, has more than one favorite that can be baked with BRODIE'S All-Purpose XXX Self-Raising Flour.

PROPER MIXING



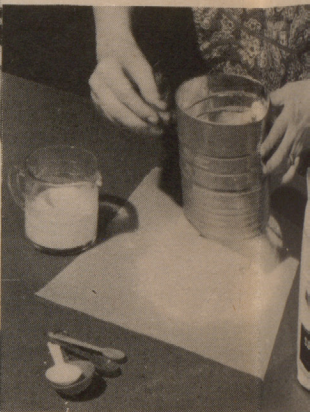
1. CREAM SHORTENING AND SUGAR

Cream shortening, gradually add sugar, and cream together until very light.



2. BEAT EGGS

Beat eggs thoroughly—add to the creamed shortening and sugar mixture.



3. SIFT FLOUR

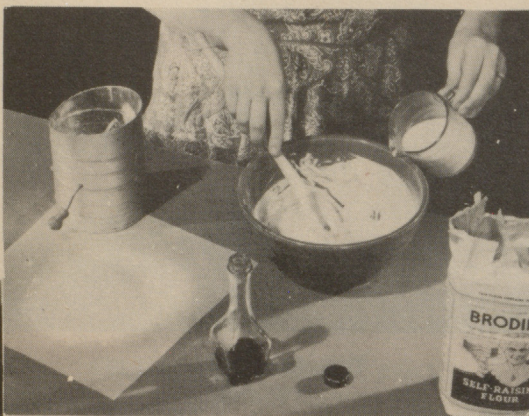
Sift BRODIE'S XXX Self-Raising Flour once, then measure quantity required.

MIXING METHOD



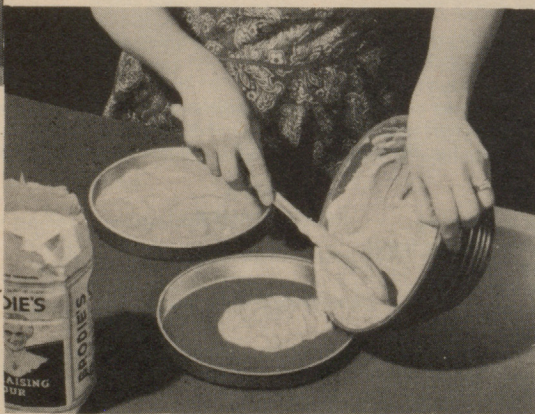
SIFT FLOUR

BRODIE'S XXX Self-Raising Flour
then measure quantity required.



4. ADD FLOUR AND MILK

To the mixture, add alternately sifted BRODIE'S XXX Self-Raising Flour and milk, to which flavour has been added.



5. POUR INTO PANS AND BAKE

Pour the batter into well greased and floured tins and bake in a moderate oven.



TESTED

RECIPES

TEA BISCUITS

(As illustrated)

2 cups BRODIE'S
Self-Raising Flour

2 tablespoons shortening
 $\frac{1}{2}$ cup milk

Cut the shortening into the flour or rub it in with the tips of the fingers. Add milk a little at a time to form a soft dough. Handle lightly, roll $\frac{1}{2}$ inch thick, cut, prick with a fork, and bake in a hot oven (450 to 500°F.) for 10 minutes.

CHOCOLATE NUT SQUARES

$\frac{1}{2}$ cup shortening
2 eggs
1 cup chopped nuts
 $\frac{3}{4}$ cup BRODIE'S
Self-Raising Flour

1 cup sugar
1 teaspoon vanilla
2 squares unsweetened
chocolate

Melt chocolate, add well-beaten eggs with sugar. Sift in flour and add the chopped nuts and melted shortening. Mix well and spread thinly in square tin. Bake for 30 minutes at 350°F. Allow to cool before cutting.

HERMITS

1 cup shortening
1 $\frac{1}{2}$ cups brown sugar
2 eggs
1 cup raisins
1 cup dates
 $\frac{1}{8}$ cup chopped nuts

2 tablespoons boiling water
2 $\frac{1}{2}$ cups BRODIE'S
Self-Raising Flour
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon allspice

Cream shortening, add sugar gradually. Add well-beaten eggs and then fruit and nuts. Add boiling water and lastly flour sifted with spices. Drop from teaspoon on buttered baking sheet 1" apart. Bake for 12 to 15 minutes in oven 350°F. (Makes about 100 cookies.)

Self-Raising Flour Offers Many Advantages

The benefits of baking with Self-Raising Flour are apparent to anyone who uses it. Containing, as it does, the correct proportions of baking powder and salt thoroughly well mixed throughout the flour, Self-Raising Flour saves all the time ordinarily required to measure and mix-in these important ingredients. For the same reason it automatically rules out the possibility of error in their measurement, a frequent cause of baking failures. Moreover, Self-Raising Flour needs only one sifting, and a minimum of stirring.

for use with
**Brodie's
 Self-Raising
 Flour**



SELF-RAISING YEAST ROLLS

(As illustrated)

- | | |
|---|------------------------------|
| $\frac{1}{2}$ yeast cake | $\frac{1}{2}$ cup sweet milk |
| $1\frac{1}{2}$ tablespoons sugar | 1 beaten egg |
| $\frac{1}{4}$ cup warm water | 2 tablespoons shortening |
| $2\frac{1}{2}$ cups BRODIE'S Self-Raising Flour | |

Dissolve $\frac{1}{2}$ yeast cake and $1\frac{1}{2}$ tablespoons sugar in $\frac{1}{4}$ cup of warm (not hot) water. To $\frac{1}{2}$ cup sweet milk add 1 well-beaten egg. Combine all together.

Cut 2 tablespoons shortening into $2\frac{1}{2}$ cups BRODIE'S Self-Raising Flour. Add liquid mixture to make a soft dough. Knead gently on well-floured board. Roll about $\frac{3}{8}$ inch thick and cut with large biscuit cutter. Brush tops with melted butter and fold over into pocketbook rolls. Place on greased pan and cover with towel. Allow to rise in warm place three to four hours (until about double in size). Bake at 400°F . for 10-15 minutes. To give rolls a pleasing brown crust brush tops with melted butter or sweet milk just before baking.

DUMPLINGS

- 2 cups BRODIE'S Self-Raising Flour
- $\frac{1}{8}$ to $\frac{1}{2}$ cup milk
- 3 tablespoons melted shortening
- 1 egg

Beat egg until smooth; add milk and melted shortening. Mix thoroughly. Pour this into the Self-Raising Flour and mix to a very soft dough. Drop by spoonfuls into boiling broth or slightly thickened stew. Cover tightly and cook for 10 to 14 minutes, depending on size of the dumplings.

CORN FRITTERS

- | | |
|------------------------------------|------------------------|
| 2 cups canned corn (cream style) | 1 beaten egg |
| 2 teaspoonfuls melted fat | $\frac{1}{2}$ cup milk |
| 2 cups BRODIE'S Self-Raising Flour | |

Combine ingredients and beat well. Drop by spoonfuls into hot skillet, containing hot melted fat. Saute until golden brown on both sides. Serves six.



TESTED

RECIPES

LEMON PUDDING

(As illustrated)

3 eggs

1 cup white sugar

Juice of 2 lemons

$\frac{1}{2}$ cup BRODIE'S

Self-Raising Flour

2 teaspoons melted butter

$1\frac{1}{2}$ cups milk

Beat egg yolks slightly. Stir in sugar and lemon juice. Add flour and melted butter and mix well. Add milk and fold in well-beaten egg whites. Pour into cake tin and place in pan of hot water. Bake in moderate oven 350°F. for 30 minutes.

COTTAGE PUDDING

1 cup sugar

1 cup sweet milk

1 egg

Butter size of small egg

$1\frac{3}{4}$ cups BRODIE'S

Self-Raising Flour

$1\frac{1}{2}$ cups of any kind of
fresh fruit

Cream butter and sugar. Add well-beaten egg, beat well. Add flour which has been sifted, pour in milk, beat well. Place a layer of batter in a well-buttered pudding dish, then a layer of fruit with rest of batter on top. Serve with sweetened cream flavored to taste or with a cornstarch sauce.

COBBLER PUDDING

Stewed or raw fruit to half fill pudding dish, on top put a batter made of the following ingredients, them steam for $1\frac{1}{2}$ hours.

$\frac{1}{2}$ cup sugar

1 tablespoon butter

1 egg

$\frac{3}{4}$ cup milk

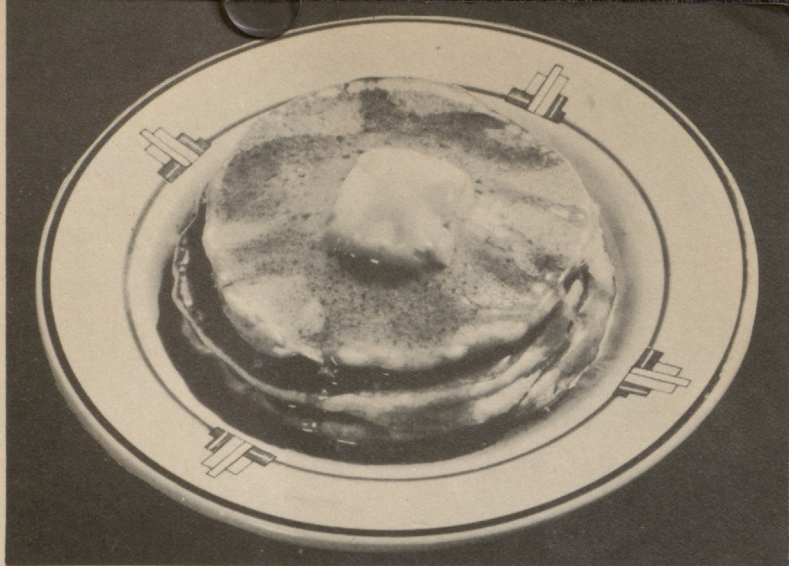
$1\frac{1}{2}$ cups BRODIE'S

Self-Raising Flour

Cream butter and sugar, add well-beaten egg. Stir in flour and milk alternately.

TED
IPES

for use with
**Brodie's
Self-Raising
Flour**



PANCAKES

(As illustrated)

2 cups BRODIE'S
Self-Raising Flour
1 egg

3 tablespoons melted
shortening
1 $\frac{1}{8}$ cups milk
1 tablespoon sugar

Sift and measure the flour. Add the beaten egg, milk, and sugar. Add the shortening, and bake immediately on a hot griddle. If the griddle iron is properly cared for, it will be unnecessary to grease it. Griddle cakes are ready to turn when the gas bubbles stop coming to the top. This recipe makes thick griddle cakes. To make them thinner, add more milk.

Making time 5 minutes

Baking time 2 to 3 minutes

GRANNY'S OWN STEAMED PUDDING

1 cup coarsely
chopped suet
1 cup molasses or
brown sugar
1 cup raisins
 $\frac{1}{2}$ cup hot water
 $\frac{1}{4}$ cup milk

2 cups BRODIE'S
Self-Raising Flour
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon nutmeg

Mix suet, molasses and raisins in a bowl and add $\frac{1}{2}$ of the water. Sift flour and spices and add to the first mixture alternately with the milk and the balance of the hot water. Put batter in a greased tube pan or other container and place in a steamer. Steam for 2 hours.

BANANA LOAF CAKE

$\frac{1}{4}$ cup butter
1 cup white sugar
1 egg

3 bananas (mashed)
2 cups BRODIE'S
Self-Raising Flour

Cream butter. Add sugar and mix well. Add well-beaten egg and mashed bananas. Add flour gradually. Bake in loaf tin 1 hour in moderate oven. (350 degrees).



TESTED

RECIPES

MUFFINS

(As illustrated)

2 cups sifted BRODIE'S
Self-Raising Flour
 $\frac{1}{4}$ cup sugar

1 egg
1 cup milk
 $\frac{1}{4}$ cup melted shortening

Combine sifted flour and sugar. Mix beaten egg with milk and melted shortening, add to flour and stir. Stir until flour is just dampened. Fill well-greased muffin pans $\frac{2}{3}$ full and bake in moderate oven (375°F.) about 25 to 30 minutes.

LEMON BUTTER

2 eggs beaten
 $\frac{1}{4}$ lb. butter

1 cup sugar
Juice and grated rind
of 2 lemons

Cook in double boiler until thick. Pour into glass jar. Can be stored in refrigerator and used when required for cake fillings or spreads.

EASY MAPLE ICING

$\frac{1}{4}$ cup milk
1 cup brown sugar
2 tablespoons butter

Boil above ingredients together about 2 minutes. Cool. Gradually stir in sufficient icing sugar to bring mixture to the desired consistency for spreading.

Brodie's Self-Raising Flour Has Greater Nourishment Value

● Self-Raising Flour produces cakes, pastry and fancy breads of delicious flavor and high nutritional value.

Modern white flour is known to be deficient in calcium. The addition of calcium acid phosphate in the manufacture of Self-Raising Flour corrects this deficiency. As a result, it has been authoritatively stated that Self-Raising Flour provides not only an excellent supply of energy, but also an economical and easily assimilated source of calcium and phosphorus.

for use with
**Brodie's
Self-Raising
Flour**



PIE CRUST

(As illustrated)

$\frac{1}{2}$ cup shortening
2 cups BRODIE'S
Self-Raising Flour

Cold water to make
a stiff dough

Cut or rub the shortening into the flour until the mixture is thoroughly blended; add the water a little at a time until a stiff dough is formed. Do not handle more than necessary. Roll the pastry thin, and bake it in a hot oven (400° to 450°F.).

APPLE PIE FILLING

Pare and core four or five good cooking apples. Slice finely into uncooked pastry shell—add sugar to taste and sprinkle with nutmeg. Cover with pastry and bake in hot oven (450°) about 15 minutes, then reduce heat to about (350°) and bake another 15 to 20 minutes until apples are soft when pierced with a toothpick.

RHUBARB PIE FILLING

2 cups rhubarb
(cut in half-inch pieces)
1 cup sugar

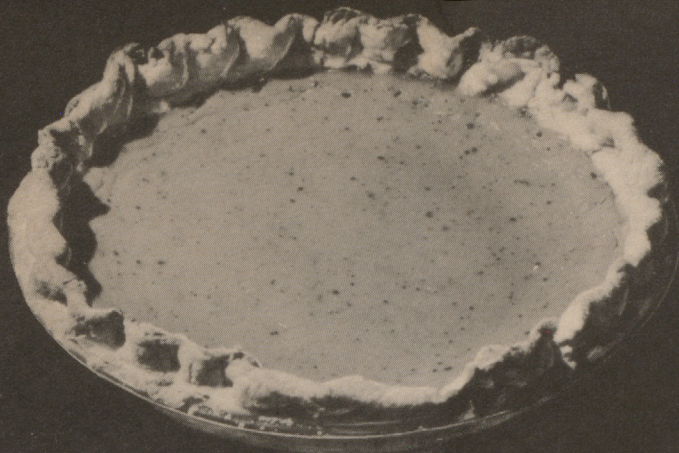
2 tablespoons BRODIE'S
Self-Raising Flour
1 egg (slightly beaten)

Cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour and egg; add to rhubarb.

Line a pie tin with pastry and fill with the rhubarb mixture. Moisten the edge of the lower crust, cover with an upper crust in which cuts have been made to allow steam to escape. Pinch the edges of the two crusts very firmly together. Bake in a hot oven (450°F.) for 10 minutes, then reduce to a moderately hot temperature (375°F.) until rhubarb is tender and crust lightly browned.

Why You Get Better Results with Brodie's Self-Raising Flour

● BRODIE'S SELF-RAISING FLOUR is truly economical. It saves time, money and work. There are no leavening (baking powder) ingredients to be carefully measured and tediously mixed in. The certainty of good baking results saves disappointment and insures you against other expensive ingredients, which are wasted if your baking fails.



TESTED

RECIPES

PUMPKIN PIE FILLING

(As illustrated)

- | | |
|---|---------------------------------|
| 2 eggs (well beaten) | $\frac{1}{4}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{2}$ tin pumpkin ($1\frac{1}{2}$ cup) | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup molasses | $\frac{3}{4}$ cup milk |
| $\frac{1}{2}$ teaspoon ginger | |

To the well-beaten eggs add pumpkin and molasses, combine dry ingredients and add, then stir in milk slowly. Pour off into uncooked pastry shell and bake about 10 minutes in hot oven (450°) then reduce heat to 325° and bake another 45 minutes until custard has set. This makes 1 large pie. (For pie crust recipe, see page 17)

LEMON PIE FILLING

- | | |
|-------------------------------|-------------------------|
| 1 Baked BRODIE'S Self-Raising | A pinch of salt |
| Flour pastry shell | 3 egg yolks |
| Juice and rind of 2 lemons | $\frac{3}{4}$ cup sugar |
| 1 cup water | 2 heaping teaspoons |
| 1 tablespoon butter | cornstarch |

Combine lemon juice and rind, water, butter and salt in saucepan and bring to boil. Stir cornstarch and sugar into well-beaten egg yolks—add slowly to first mixture. Stir until thick and pour into cooked pastry shell.

MERINGUE TOP

3 egg whites (beaten stiff but not dry), add 4 heaping teaspoons icing sugar and beat well. Cover lemon filling and bake about 15 minutes in slow oven (325°F.) or until delicate golden brown.

The Joys of Home Baking

● A certain joy and satisfaction come with home baking that cannot possibly be known to the woman who buys her pies and cakes over the counter.

Learn the art of home baking in the interest of economy and the satisfaction that comes from making good, wholesome food for your family and friends. Buy BRODIE'S SELF-RAISING FLOUR for best results.

for use with
**Brodie's
Self-Raising
Flour**



CHRISTMAS CAKE

- 4½ lbs. Fruit as follows:—
½ lb. Dates, pitted and cut up in pieces
½ lb. Prunes, pitted and cut up in pieces
½ lb. Mixed Peel, cut up in pieces
1 lb. Currants
1 lb. Muscat Raisins
½ lb. Sultana Raisins
½ lb. Glace Cherries

Or if impossible to get above variety

- 2 lbs. Raisins
2 lbs. Currants
½ lb. Mixed Peel

Batter mixture:

- 1 cup (½ lb.) Butter
½ cup Sugar or Honey
½ cup Molasses
6 Eggs
½ cup Coffee or ¼ cup Coffee, ¼ cup Wine
4 cups (1 lb.) BRODIE'S Self-Raising Flour
1 tablespoon Cinnamon
½ tablespoon Cloves
½ tablespoon Allspice
1 teaspoon Nutmeg

METHOD

Dredge the fruit with a small amount of the flour.

Cream butter thoroughly, slowly adding either sugar or honey. Add well-beaten eggs gradually. Then the molasses. Sift balance of flour with the spices and add alternately with the coffee.

Combine batter mixture with fruit and mix well. Put in deep cake tins, ¾-full, which have been lined with well-greased heavy brown paper.

Bake in slow oven 250°-300° about two hours or longer depending on depth and size of cakes.

This recipe should make two large cakes which improve with age if kept well covered in metal tin.

INDEX

CAKES

	Page
Banana Loaf.....	15
Caraway Seed.....	5
Christmas.....	19
Cup.....	3
Devil's Food.....	4
Eggless, Butterless, Milkless.....	6
Eggless Chocolate.....	4
Fairy.....	6
Gingerbread.....	7
Gold.....	2
Golden Chocolate.....	4
Lightning.....	3
Maple Nut.....	5
One-Egg.....	3
Oriental Spice.....	7
Silver.....	2
Spice.....	5
Sponge.....	6
Two-Egg Layer.....	2

COOKIES

Chocolate Nut Squares.....	12
Hermits.....	12
Ice-Box.....	9
Joannie's Oatmeal.....	8
Lemon Sugar Snaps.....	8
Peanut Butter.....	8
Short Bread.....	9

HOT BREADS

	Page
Buttermilk Scones.....	9
Muffins.....	16
Tea Biscuits.....	12
Yeast Rolls.....	13

PIE CRUST AND PIE FILLINGS

Pie Crust.....	17
Apple.....	17
Lemon and Meringue.....	18
Pumpkin.....	18
Rhubarb.....	17

PUDDINGS

Cobbler.....	14
Cottage.....	14
Granny's Steam.....	15
Lemon.....	14

MISCELLANEOUS

Doughnuts.....	7
Dumplings.....	13
Easy Maple Icing.....	16
Fritters (corn).....	13
Lemon Butter.....	16
Pancakes.....	15
Proper Mixing Method.....	10, 11

HELPFUL HINTS FOR BAKING WITH "BRODIE'S *Self-Raising* FLOUR"

- Remember that no baking powder, soda or salt are required. The correct quantities of these ingredients are already thoroughly mixed in the flour.
- Sift flour before measuring. Level it off with a knife, but do not pack it down.
- Use standard measuring cups and spoons.
- Be accurate. All measurements are level.
- To measure shortening, pack it firmly into the measuring spoon and level it off with a knife.
- Have all utensils, materials and the oven ready before beginning to combine a recipe.
- Follow carefully directions for combining ingredients.
- Mix quickly and gently.
- Use butter and milk if possible. They add food value.
- Use an oven thermometer.

WEIGHTS and MEASURES

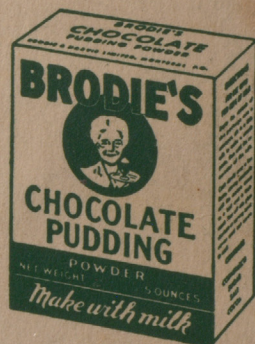
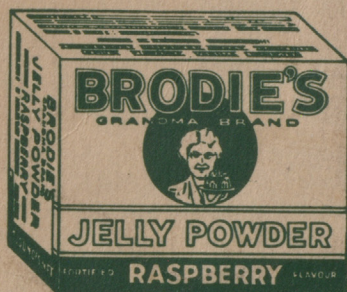
2 tablespoons butter.....	equal 1 oz.
2 cups butter.....	" 1 lb.
3 teaspoons.....	equal 1 tablespoon
16 tablespoons.....	equal 1 cup
2 cups.....	" 1 pt.
4 cups.....	" 1 qt.

OVEN TEMPERATURES

"Slow Oven".....	250 to 325° F.
"Moderate Oven".....	325 to 375° F.
"Hot Oven".....	375 to 450° F.
"Very Hot Oven".....	450 to 500° F.

624950559

Ready-Mixed Desserts



For easily-prepared, tasty desserts use—

BRODIE'S JELLY POWDER

in all the popular flavours

BRODIE'S PUDDING POWDER

in 4 delicious flavours
